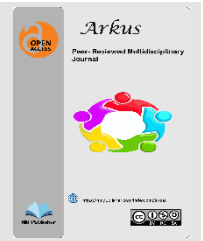




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Optimization of School Health Unit at Islamic Boarding School

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ARTICLE INFO

Keywords:

Student
Community empowerment
School health unit

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All authors have reviewed and approved the final version of the manuscript.

<https://doi.org/10.37275/arkus.v6i2.87>

ABSTRACT

School Health Unit (SHU), is an effort made by schools to help students and school residents who are sick in the school area. SHU is usually done in the health room of a school. In another sense, SHU is an effort to foster and develop healthy habits and behavior in school age students which is carried out comprehensively (comprehensively) and integrated (integrative). To optimize the SHU program, the participation of students as subjects and not just objects need to be increased.

1. Introduction

School health unit, abbreviated as SHU, is an effort made by schools to help students and school residents who are sick in the school area. SHU is usually done in the health room of a school. In another sense, SHU is an effort to foster and develop healthy habits and behavior in school age students which is carried out comprehensively and integrated. To optimize the SHU program, the participation of students as subjects and not just objects needs to be increased.¹

A healthy life as defined by the health agency of the United Nations (UN) World Health Organization (WHO) is a state of well-being of body, soul, and society that enables people to live productively socially and economically. Meanwhile, mental health

is a condition that allows the optimal physical, mental, intellectual, emotional and social development of a person. [3] In Law No. 23/1992, article 45 on Health, it is emphasized that "School Health" is held to increase the ability of students to live healthy in a healthy environment so that students can learn, grow and develop harmoniously and optimally so that quality. According to Sumantri, M. (2007) students must be healthy and parents pay attention to a healthy environment and eat nutritious food, so that pious, knowledgeable and healthy people (SIS) will be achieved. In the process of learning and learning, learning materials are oriented towards the head, heart and hand, which are related to knowledge, attitudes / values and skills. However,



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health factors are still needed so that students have 4 H (head, heart, hand and health).²⁻⁴

In general, SHU aims to improve the quality of education and learning achievement of students by increasing the behavior of clean and healthy life and the health status of students. In addition, it also creates a healthy environment, thus enabling harmonious and optimal growth and development in the framework of forming quality Indonesian people. [2] Meanwhile, in particular, the aim of SHU is to create a healthy school life environment, increase knowledge, change attitudes and shape the behavior of a healthy and independent school community. In addition, it also increases the participation of students in efforts to improve health in schools and households as well as in the community environment, improve skills for healthy living in order to be able to protect themselves from negative environmental influences.⁵

The targets of SHU coaching and development include students as the primary target, tutors for parents, education managers and health managers as well as the SHU TP at each level as secondary targets. Meanwhile, the tertiary target is educational institutions ranging from pre-school to senior high school levels, including non-school education units and religious colleges and Islamic boarding schools and their environment. Other targets are health education facilities and infrastructure and health services. Another tertiary target is the environment which includes the school environment, family and community around the school.

2. Methods

This activity was carried out in the form of education and development of School Health Unit (SHU) at the Pesantren Kampung Tauhid Sriwijaya in Ogan Ilir Regency, South Sumatra Province in commemoration of the 58th Anniversary of the Faculty of Medicine, Sriwijaya University.

3. Results and Discussion

To learn effectively, students as the SHU target need good health. Health indicates a well-being of body, soul, and social condition which enables everyone to live productively socially and economically. Health for students is very determining the success of learning in school, because with health, students can follow learning continuously. If students are not healthy, how can they learn well. Therefore, we look at the concept put forward by the United Nations (UN), that one of the indicators of the quality of human resources is health, not just education. There are three qualities of human resources, namely education related to how long it took to attend education, health related to human resources, and economy related to purchasing power. For the economic level, Indonesia is still in a very low order or ranking, namely 108 in 2008, compared to neighboring countries. The economic progress of a nation usually correlates with the health level of its people. The more advanced the economy is, the better the nation's health will be. Therefore, if the economic level is still in the low order, the level of public health is generally not in line with expectations. Likewise, quality human resources, which are expected to be of high quality, still require even harder processes and efforts.⁶

To support a better learning process, the physical quality improvement program and healthy school development will continue to be implemented. So that it can be formed students who are healthy and fit and schools that meet healthy school standards.⁷ The way this is done is to optimize various efforts to develop healthy schools, including efforts to increase the professional ability of teachers and educators through various training, guidance and counseling, as well as socialization and implementation efforts in the fields of SHU, health education, life skills education, physical education and physical fitness. To make education studies and development effective, among others, by focusing more on



assessment efforts in order to improve the ability to live a healthy life, carry out evaluations in accordance with efforts to improve physical quality and develop healthy schools.

Intensifying the study and development of science and technology, among others, by strengthening program development in the framework of developing science and carrying out studies and development in the fields of measurement, standardization, evaluation in order to improve physical quality and develop healthy schools. Increase the activity of analyzing physical fitness studies, physical education and recreational education which can be of direct benefit to students, staff and the community and support the improvement of the quality of education.

4. Conclusion

To support a better learning process, the physical quality improvement program and the development of healthy schools will continue to be implemented in the form of optimizing school health efforts.

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